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SCORES MISSING IN QUEBEC TRAIN EXPLOSION

OFFICIALS STRUGGLE TO DEAL WITH
AFTERMATH OF SATURDAY'S DISASTER AS
FAMILIES AWAIT NEWS OF LOVED ONES

PAGE 3

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Mosquito fog program gets buzzing

Man's best foe.

New biological fog,
Pyrocidine, won't be
tested this time

As many as 300 Winnipeggers scrambled to the city's Insect Control Branch Sunday to have buffer zones registered around their homes before mosquito fogging trucks hit the streets for the first time this year Sunday night.

The city lifted the 72-hour turnaround time normally needed to have addresses added to the list — and took the rare move of opening their offices on Sunday — after giving only a day's notice of the plan to start fogging with Malathion after larviciding and residual treatments failed to stop

the swarm.

"These measures alone are no longer able to control the current adult nuisance mosquito population," read a release from the city Saturday afternoon.

The city said all the homeowners who registered in person would have their buffer zones respected, but those who registered in writing, over the phone or by email would likely not if their homes fell in the 10 Insect Management Areas slated for fogging Sunday night.

Your 'hood

Go to winnipeg.ca or call 311 to find out which Insect Management Area you live in and which areas are slated for fogging.

Fogging isn't allowed in Winnipeg unless average trap counts hit 25 for two straight days with at least one quadrant of the city averaging 100 or more of the buzzing blood-suckers.

On Saturday, the citywide average trap count was at 138.

Weather permitting, fogging will be carried out daily between 9:30 p.m. and 6:30 a.m., and the city will announce which areas are targeted each day at least eight hours beforehand.

Malathion, which opponents like the Sierra Club of Canada argue kills indiscriminately and is harmful to people and pets, hasn't been used in Winnipeg since 2010.

Malathion use is approved by Health Canada's Pest Management Regulatory Agency.

SHANE GIBSON/METRO



FISH FLOP AT HOME

Goldeyes pitcher Matthew Rusch watches his delivery during the team's loss at home Sunday to the Gary Southshore Railcats. Despite some nice defensive plays, the Goldeyes lost 5-3 in front of 5,535 fans at Shaw Park. Story, page 14.

SHANE GIBSON/METRO

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WORK HARD, HAVE FUN



WHAT'S GOOD
Ace Burpee

Whenever someone asks me how work is going, I rotate between the answers "Very well, thank you" or "Great." This has been my standard reply for years, and not once did I have to lie.

I love going to work. I have loved going to work every single day I've had my current job, and I feel I owe my past employers a thank you. The company I worked for, up until this past weekend, was Astral. They have just completed a sale of the entire company to Bell Media, which for the record is super cool.

It is not lost on me how lucky I have been. Whether or not your work is your be-all-end-all, it makes life a lot better if you are happy. They trusted me to make my own decisions, and I trusted them to have my back no matter how they turned out. When times were good we knew that we must work harder than ever to keep them that way ... and when times were not as good we knew the only thing to do was address them and fix it. Not by pointing fingers or finding blame, but by good old-fashioned hard work and creative thinking.

I've spent as much time trying to serve the community and those in need as I have spent worrying about the company's bottom line. This was never questioned, and instead was supported. I got to be myself.

Employers and employees: You're in this together. Stick together. Trust each other. Work hard. Have fun. There will be good times and some not so good, but that's just real life. Everything is going to be OK. Thanks for everything.

ACE BURPEE IS A LOCAL WRITER, RADIO SHOW HOST, PRODUCER AND SUPPORTER OF ALL THINGS GOOD.

Peg City Car Co-op. Bike, walk, bus, then snap a photo

Peg City Car Co-op wants you to trade your car for a camera.

The Co-op is holding a summer photo contest to challenge the way Winnipeggers view transportation in their city.

"We're looking for photos that celebrate active transportation," said marketing Peg City Car Co-op co-ordinator Emma Bonnemaïson. "We want to see photos of biking, walking, and bussing in central Winnipeg neighbourhoods."

The contest runs until Aug. 31 and contestants can submit their photos through the Co-op's Facebook page or Twitter

with the #BikeWalkBus hashtag.

Prizes include driving credit with the Co-op, a new bike, a bus pass, and Mountain Equipment Co-op gift certificates.

Peg City Car Co-op is a program that allows Winnipeggers access to shared vehicles on an hourly basis.

"You rent or book a car when you actually need one," Bonnemaïson explained.

The car-sharing program is located in the downtown area, so the service is mainly targeted towards inner-city drivers. But, "you can drive any-



Peg City Car Co-op would like to see your summer on the go.
CONTRIBUTED/METRO

The Co-op

- Peg City Car Co-op members pay a \$500 annual fee to use vehicles one to four times a month.
- There's also a casual driver membership for drivers who only need a car on occasion, for an annual fee of \$50.

where you want," according to Bonnemaïson.

For detailed information

about the contest and the car-sharing program, go to pegcitycarcoop.ca. **CINDY CHAN/FOR METRO**

India Palace owners open Hostel Royal Plaza

Home away from home. Two restaurateurs aim to make students from abroad feel more welcome at new hostel

CINDY CHAN

winnipeg@metronews.ca

India Palace owners Ashwani and Suroj Nagpal want students to feel like royalty when staying at their new business venture, Hostel Royal Plaza.

The restaurateurs officially opened up their hostel at 330 Kennedy St. on Friday afternoon.

Suroj said some of the inspirations for the hostel came from her children's experiences living abroad.

"The kids suffer for food, residence, you know. They run here, they run there," Suroj said. "My son was in Europe, and my daughter is in Chicago right now."

They chose the Kennedy



Suroj Nagpal, left, Kunti Bhutani, Dr. Artish Menher and Ankur Nagpal watch as Brij Bhutani cuts the ribbon at Hostel Royal Plaza's grand opening Friday. CINDY CHAN/FOR METRO

location for the hostel because it is close to Red River College and University of Winnipeg, and international students from those institutions will be able to have a place to live without travelling too far.

It took six months to get the hostel up and running, but it is still far from being complete, they said.

They worked from the inside out.

"Everything was gutted, renovated," the Nagpals' son, Ankur, explained.

"The painting is still going on on the outside," Suroj added. "We made all the rooms ready. We made the lounge ready. We made the restaurant ready. Now we started outside."

But that hasn't stopped students from moving in. Several rooms have already been occupied as tour guides showed visitors around.

There are 40 fully furnished rooms in the hostel. Rooms can have from one bed to a maximum of four beds. For more information, call 204-783-3000.

Pellet gun recovered

Teens facing mischief charges

A pair of teens are facing charges after police needed their helicopter and the canine unit to track down two suspects caught with a pellet gun on the roof of a school in the Weston neighbourhood Saturday night.

Police were called the school in the 1500 block of Elgin Avenue West shortly before midnight after hearing

reports of people on the roof damaging property.

Air1 flew over, and officers watched two people hide something before jumping off the roof and running away. Police dogs caught up with one suspect nearby and a second suspect was arrested later. Police searched the roof and found a pellet gun the suspects had hidden.

Two 14-year-old boys are each charged with mischief under \$5,000 and possession of a weapon for a dangerous purpose. **METRO**

Stabbing incident

Police make arrest in long-weekend homicide

An 18-year-old man is facing a second-degree murder charge in one of the three homicides over the Canada Day long weekend.

Winnipeg police arrested Michael Aaron Roulette on Thursday in relation to the June 29 death of Michael James Flett, 30.

Police found Flett suffering from stab wounds at a home in the 400 block of Manitoba Avenue shortly after 4:30 a.m.

The victim was taken to hospital with life-threatening injuries and later died.

In addition to the second-degree murder charge, Roulette is facing two charges of assault with a weapon.

The investigation continues and anyone with information is asked to contact the homicide unit at 204-986-6508. **METRO**

Cute alert!

New zoo arrivals

Assiniboine Park Zoo has added two spotted bundles of joy to their animal family. Two baby snow leopards were born on June 29 to Batu and James, zoo officials announced Friday.

For now, the cubs are not available to the public as they are bonding with their mother until their neonatal exam in two to three weeks. **METRO**

Broken families left waiting as crews sift through charred ruins

Lac-Mégantic train disaster. Police say it's inevitable more missing will be declared dead

About 40 people were still missing Sunday evening after the spectacular blaze and explosions that razed much of Lac-Mégantic, Que., increasing the likelihood that the number of fatalities could soar from the official death toll of five.

"We have to be careful with that number because it could go up or down," said provincial police Lt. Michel Brunet.

It was the first time police went public with an estimate since the derailment of a train carrying crude oil Saturday morning. Police said a higher death toll is inevitable.

About 30 buildings were



Downtown Lac-Mégantic, Que., as firefighters continue to douse the rubble on Sunday. RYAN REMIOWZ/THE CANADIAN PRESS

destroyed after tanker cars caught fire shortly after 1 a.m.

Two of the train cars were still burning on Sunday mor-

ning, hampering the search for victims in the debris.

Prime Minister Stephen Harper visited the town of 6,000 — about 250 kilometres

east of Montreal — on Sunday and likened it to a "war zone."

Throughout the day, people streamed in and out

of the town's evacuee shelter. Some who gathered outside wiped tears as they braced for bad news about their loved ones.

Henri-Paul Audette headed there in hope of reuniting with his missing brother. Audette, 69, said his brother's apartment was next to the railroad tracks, very close to the spot where the train derailed.

"I had thought ... that I would see him."

David Vachon said he has one friend whose sister is missing and another who is still searching for his mother.

The cause of the accident is a runaway train, according to the railway's operator.

The president and CEO of Rail World Inc. said the train was parked uphill of Lac-Mégantic before it became loose and began careening downhill.

THE CANADIAN PRESS

28,000 per cent boost

Rail profits off pipe fears

An eye-popping 28,000 per cent increase in the amount of oil shipped by rail over the past five years is now coming under scrutiny.

Canada's railways paint themselves as a safe, cost-effective alternative to politically unpopular pipelines. The Canadian Railway Association estimates as many as 140,000 carloads of crude are expected this year, up from only 500 in 2009.

Saturday's disaster is the fourth freight-train accident involving crude-oil being probed since the start of the year, according to the federal Transportation Safety Board. THE CANADIAN PRESS

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When you can't take the heat

As temperatures soared across the country in recent weeks, heartbreaking stories emerged of children dying and dozens of dogs being rescued after being left unattended in parked cars. Metro reporter Ruth Davenport got a sense of how it feels to be in a hot car when she spent 40 minutes in a parked vehicle on a day when the humidex pushed the temperature to a muggy 37 C.

At 10 minutes ...

This isn't so bad. I feel like I'm wearing a heavy sweater in a sauna, but I'm not thirsty, short of breath or in distress. Despite having the window cracked, the dollar-store thermometer has climbed to 49 C.

At 15 minutes ...

I'm sweating profusely now, taking a lot of deep breaths and yawning consistently.

"Your body is responding to the heat by changing its cardiovascular reserve," says Halifax physician Dr. John Gillis. "As you start to get dehydrated, your heart rate goes up ... your body is trying to make sure oxygen is replaced, hence the deeper breaths."

At 20 minutes ...

I'm uncomfortably hot and unpleasantly soggy. The imaginary sweater has gotten tight and I'm feeling pressure over my nose and mouth. The thermometer needle has climbed past the maximum temperature of 49 C.

At 25 minutes ...

The heat is getting intolerable, and I'm dizzy and drowsy — enough to want to close my eyes and go to sleep.

"Confusion goes along with it," Gillis says. "It's a continuum from feeling groggy to being profoundly confused as your body starts to react in different ways."



Metro reporter Ruth Davenport bakes inside a car during a Halifax heat wave. JEFF HARPER/METRO IN HALIFAX

At 30 minutes ...

My heart is thumping faster and harder than normal, I'm starting to puff a little, and I just feel too hot. My face in particular is burning as though I'm bending over a hot stove, but I can't pull away. I'm in distress — a child would be in danger.

"They have less moisture on board, they have less abil-

ity to regulate their surface area in terms of their ability to sweat," Gillis says. "Everything's different, and their ability to cry for help, it's quite unfortunate."

At 35 minutes ...

I'm torn between staying another five minutes or escaping this rancid, sweltering, suffocating nightmare. A

child or dog wouldn't get the choice, so I decide — with some genuine apprehension for my well-being — to stay. My head droops.

At 40 minutes ...

It's a relief to step out of the car into the baking parking lot. I'm sucking in deep breaths, and stagger a little on the way to the office. I drink

water slowly and flatten ice packs on my face and neck. I feel sluggish, drained, even a little hungover, and it takes almost another 40 minutes for me to feel normal again. The experiment has been unpleasantly informative, and not one I'd care to repeat.

"There's a real continuum, from heat exhaustion all the way to heat stroke," Gillis says. "Inside a closed

By the numbers

49 C

Temperature inside car: 49 C
Normal temp for human body: 37 C
Serious fever threshold: 40.5 C

Quoted

"With the temperature in the car at 120 F (49 C), the body is still going to regulate itself to a point by sweating and using whatever mechanisms it has available to keep temperatures down, but eventually those stop."

Physician Dr. John Gillis

Think again, drivers

Though some online commenters say they'll leave their pets in the car with the engine running and the air conditioning on, a Halifax vet says that's not a great plan.

- "What if, for some reason, the car stalls or there's a carbon-monoxide buildup?" Dr. Hugh Chisholm asks. "If you're not there to monitor, those are things that can be deadly, as well."

space where there's no ventilation and you have sun beating down ... it can be quite dangerous."

Parked vehicle a death sentence for furry friends, vet warns

A Halifax veterinarian says it can take less than half an hour for a dog to suffer mortal damage if it's left inside a car on a hot day.

"It's a heck of a horrible way to die.... Everything is stacked against the poor dog," Dr. Hugh Chisholm says.

Dozens of dogs across the country have already been rescued from parked cars this summer, victims of owner ignorance or separation anxiety.

No place like home

Dr. Hugh Chisholm says even if a dog doesn't like being left at home, it's far better off there than in the stifling confines of a car.

- "You can leave a window open or leave an electric fan on ... you can leave water for them," he says. "Trust me, they're way better off at home."

Chisholm says dogs can dissipate heat only through their tongue or foot pads, a

small surface area to begin with.

There's no air movement

in a car — even with the windows cracked — and without access to water, the dog won't be able to regulate its internal core temperature and will literally cook from the inside out.

"Even if you get them out and cool them down, it doesn't mean that you've saved those internal organs that have suffered irreversible damage," he says.

RUTH DAVENPORT/METRO IN HALIFAX



Two dogs look out of a vehicle parked with its window only slightly down. The picture is a photo illustration, and both dogs were out of the vehicle within a minute. JEFF HARPER/METRO IN HALIFAX



Clairessa Mills looks over the main desk for help at the Labor Ready temporary employment agency in Warren, Ohio, in this March 2009 file photo. The number of temps in the U.S. has jumped more than 50 per cent since the recession ended four years ago to nearly 2.7 million. THE ASSOCIATED PRESS

Temp jobs become permanent fixture

Employment. Number of temps in U.S. has jumped more than 50% since recession ended

Hiring is exploding in the one corner of the U.S. economy where few want to be hired: Temporary work.

From Walmart to General Motors to PepsiCo, companies are increasingly turning to temps and to a much larger universe of freelancers, contract workers and consultants.

Combined, these workers number nearly 17 million people who have only tenuous

ties to the companies that pay them — about 12 per cent of everyone with a job.

Hiring is always healthy for an economy. Yet the rise in temp and contract work shows that many employers aren't willing to hire for the long run.

The number of temps has jumped more than 50 per cent since the recession ended four years ago to nearly 2.7 million — the most on government records dating to 1990. In no other sector has hiring come close.

Driving the trend are lingering uncertainty about the economy and employers' desire for more flexibility in matching their payrolls to

By the numbers

27%

Even when jobs are classified as "temp to permanent," only 27 per cent of such assignments lead to permanent positions, according to Susan Houseman, an economist at the Upjohn Institute of Employment Research.

their revenue. Some employers have also sought to sidestep the new health-care law's rule that they provide medical coverage for permanent workers. Last week, though, the Obama administration delayed that provision of the law for a year. THE ASSOCIATED PRESS

U.K. currency. Women will get the note, Carney says

Former Bank of Canada governor Mark Carney is working to put images of women on Britain's new bank notes, years after removing images of women from Canada's own currency.

In his first week as new governor of the Bank of England, Carney acceded to protests that designers of Britain's new five-pound note plan to replace an image of Elizabeth Fry with one of Sir Winston Churchill.

The proposed move would leave no women on any British bank-note denominations, apart from the Queen, which Carney said "is not the Bank's intention," promising an announcement by the end of the month.

The British protest against the removal of female images on the currency parallels a similar protest in Canada, when



Mark Carney THE ASSOCIATED PRESS FILE

Carney, as Canada's central bank governor, announced in 2011 that an icebreaker would displace the images of five famous women on a new series of \$50 polymer notes.

The move sparked a campaign to restore the image of the so-called Famous Five, led in part by Calgary city council.

THE CANADIAN PRESS

Free-trade deal

Canada gets bigger auto quota in EU talks

Canada has opened the door to increase car sales in Europe by eight-fold to 100,000 units under a proposed new trade deal, The Canadian Press has learned.

That potential win for the Canadian auto sector is one of several new elements highlighted in a leaked document that reveals several never-before-reported elements of the Harper government's continuing negotiations with the EU.

If signed, the new elements would require Canada to eliminate its foreign ownership rules on uranium mining and lock in the most recent liberalized ownership rules in the telecom sector.

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TAMING THE NEW PET BYLAW

City hall is sometimes called a circus, because it can be wild and entertaining. Oh, and because of all the clowns.

But the place was more of a zoo last week as enthusiasts for chickens, pigs, reptiles, pit bulls and falcons all herded into a committee room to howl in opposition to the city's new Responsible Pet Ownership Bylaw.

The bylaw is one of the most thorough re-writes of pet ownership guidelines in Winnipeg's history. It also might be one of the most entertaining pieces of legislation the city has ever produced.

The fun starts with a definitions section that includes precise descriptions for things like "dog," "petting zoo," "poultry," and "school," as though these were complex concepts.

I found it especially amusing to see the definition of "cat" — a member of the subspecies *Felis Catus* — was immediately followed by a definition for "Chief Operating Officer" — a



URBAN COMPASS

Colin Fast

winnipeg@metronews.ca

member of the subspecies *Bureaucratis Stasis*.

The rest of the 35-page bylaw is packed with ponderous policy prescriptions.

For example, it says dog owners must "where the dog defecates on any property other than the property of the owner, cause the excrement to be removed immediately and disposed of in a sanitary manner." In other words: He poops, you scoop.

Then there's the requirement that a cat with rabies "must be euthanized, if it has not already died or been euthanized." So, to be clear, you don't have to euthanize your already dead cat.

Another section on rabies is so overwritten that it puts the onus on the dog to obtain a written waiver from a veterinarian that says vaccinations aren't medically advisable. I've known lots of dogs who don't like getting shots, but none of them have been able to pull off that trick.

But the highlight is a list of every animal prohibited as a

pet in the city of Winnipeg. After all, it's not often you read about chimps, mongooses, ostriches, cobras and hippos in official city documents. Well, other than Hansard transcripts of city council meetings.

While the bylaw clearly needs to be tamed with a plain language rewrite, there are a couple of serious takeaways for pet owners:

1) The city doesn't want you to own anything you wouldn't find at Petland. Sure, having a wombat or pterodactyl sounds cool, but you're going to have to move to Dugald for that.

2) Take responsibility for your pets. License them, spay or neuter them, don't let them roam the streets (especially the fish), and talk to them about the birds and the bees.

Oh, and speaking of bees, in case anyone was wondering, a bee colony "is considered to be running at large if it is swarming." So please keep your bees on a leash that is never longer than 20 feet in length and no longer than 6 feet in length when the bees are on a street, on a path or any other place that is not an open space or when people or other animals are within 20 feet of the bees.

ZOOM

March of the flamingos



MARTIN HARVEY/PHOTOSHOT/SOLENT

It's a parade of pink

Millions of Lesser Flamingos group together in search of food in Lake Bogoria in Kenya. So thick and regimented are the lines of birds that they turn the shoreline vibrant pink. Wildlife photographer Martin Harvey was lucky enough to witness this spectacular phenomenon. **METRO**

One of the greats



"To witness a concentration of birds like this is, without a doubt, one of the greatest ornithological experiences in the world."

Martin Harvey, wildlife photographer

Why this stinky lake?

For many animals, Lake Bogoria would be the last place to gather: the volcanic geysers and fumaroles that belch sulphurous effluent into the lake make it so alkaline that it's extremely difficult to support any aquatic life. But for flamingos, the lake is an eating paradise: it's extremely rich in blue-green algae, which the birds thrive on. **METRO**

Fun flamingo facts:

- **What makes them pink.** The pigment beta-carotene in their diet from algae and shrimp give them their famous colour.
- **How they find a mate.** Courtship rituals include neck stretching, synchronized dancing and honking.

Clickbait



ANDREW FIFIELD

andrew.fifield@metronews.ca

Overwhelmed with a crushing sense of anxiety and ennui? It's likely because you have an entire month before Breaking Bad comes back. Stave off the void with these documentaries streaming now on Netflix.



Camp 14: Total Control Zone:

The North Korean regime is easy to mock and malign, but the stories of two former guards and Shin Dong-hyuk — who has spent most of his young life living in a labour camp — reaffirms that behind all the goofy photo-ops and cartoonish "Juche Idea" myth-making is a world of widespread human suffering.

The Man Nobody Knew:

William Colby spent his life as a Cold War-era CIA operative before rising to the top of the agency, a post he held from 1973 to 1976. Unsurprisingly, such a life doesn't leave much time to be a family man, so it's up to his son

Carl to learn about the man his father was through interviews with his colleagues and historians.

How To Die In Oregon:

Oregon is one of the few places in North America that allows assisted suicide, and this award-winning documentary introduces you to a group of terminally ill men and women who have made the decision, and the state employee whose unenviable job it is to guide them through it. You'll know within the first few minutes if you can handle the raw emotion of it all. Stick it out if you can for a stark and empathetic look at a hot-button topic.

Comments

RE: Ricky, Julian and Bubbles are back: Trailer Park Boys to start filming new episodes, published July 4 online

I hope it's better than the drunk and on drugs sh—ty hour. The first couple of seasons of TPBs were great, but then it was like watching a plane crash. What made the first seasons great was that you could see some truth in the struggles. It was real. When they started introducing puppets and got rid of Cory and Trevor

it all kind of went to s—t. It felt like they were drunk on set at all moments just #5%ing around. Smart move on the director's part. The guys won't likely see a return on their investment. They should have invested in bitcoins!

Scott Rhoads, posted to metronews.ca

That's great news. My wife and I loved the originality of the show and the fact it's a "Made in Nova Scotia" product only adds to its allure!

Art West, posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: winnipegletters@metronews.ca

Mother Mother mine bright ideas from some dark places

Balancing act.

Vancouver indie act treads a delicate line, mixing weight and whimsy in their music

ALEXANDRA
CAVALLO

Metro World News in New York

If the only Mother Mother song you've ever heard is their chipper — and catchy as hell — single Bright Idea (featured in a series of Kraft Cheese commercials) you might get the idea that they're a sugar-poppy, radio-friendly outfit. You'd be mistaken.

In fact, the Vancouver quintet's music (loosely described here as indie-rock, though their eclectic, eccentric sound defies such generalizing classification) is markedly cerebral — and decidedly dark. "I like people and the human condition," says frontman and guitarist Ryan Guldemon, of the inspiration for their songs' artfully crafted, eloquent (and oftentimes odd) lyrics.

"But not in the lovely ways, more in the sad or bleak ways. And I like kind of drawing out the comedy in those things."

It's that delicate line between light and dark, weight and whimsy, that is Mother Mother's hallmark. And it's a



Mother Mother explores the human condition in their music. HANDOUT

line they walk with practiced ease.

At first listen, the darker undertones of their music might not be immediately apparent. Indeed, admits Guldemon, "I think that a lot of people don't necessarily hear it, and they come out with this misguided idea that we're a happy band with a happy message. Because it's not totally common for people to listen

too closely to lyrics these days."

Not to listen closely would be a disservice to both listener and musician, as it's the complex (and sometimes head-scratching) lyricism that makes this relatively under-the-radar band (they're big in their homeland but, "America is a tough nut to crack ... where there's not that automatic domestic embrace, you kind of have to hustle a little harder and bank

on certain cosmic aspects like luck and serendipity," he says) so interesting. But Guldemon is the first to admit that while Mother Mother is prone to meandering, verbose songwriting, there is something to be said for brevity, now more than ever.

"You do have to be very immediate in today's popular music genre," he muses. "And it's almost harder to be

In the moment

Keeping it real — in music and in approaching their part of the world — seems to be what Guldemon and his bandmates are all about. When taking the stage, he says, he tries to remind himself to stay in the moment. "It is the one little window during the day where you can let loose a bit. I find it curious when bands on tour, when they play, they look excruciatingly bored or something. Not to say that they need to be animated — there can be a lot of passion in stillness — but that's different than just looking like you're bored or not having a good time," he says.

simple and immediate with something than it is to take your time. I was talking to a new music composer recently — and this is a guy who does not listen to pop, who does not exist in this world, but he's quite a brilliant musician and composer, and very cerebral and creates these long musical journeys — and he was saying that he finds writing a three minute pop song far more difficult than writing, you know, a 20-minute-long avant garde piece for 18 musicians. I think there's a lot of truth in that. It's harder to cut to the chase than it is to be long-winded."

Yo La Tengo have no plans to Fade

There are people who credit Yo La Tengo with defining the genre of indie rock. One, writer/fellow musician Jesse Jarnow, wrote an entire book about it, *Big Day Coming: Yo La Tengo and the Rise of Indie Rock*. If it's true, it's a pretty epic legacy. If you ask frontman and co-founder Ira Kaplan, however, he's reluctant to even entertain the idea.

"That's something that really does not enter into our life much," he explains, in his slow, thoughtful way. "Even the notion of indie rock is nothing I'm particularly fond of. I don't really know what it is. On a personal level, when somebody says that to me — not when someone writes it, but when

a band says that to me — it is meaningful, and I'm happy. I mean I'm proud of what we've done, and I am happy when someone finds it inspiring, but I think about it as little as possible."

One wonders if, after putting out 13 studio albums (not to mention the countless collaborations, covers and compilations,) they ever hit a creative wall. "It doesn't seem that way. Maybe our standards are too low," laughs Kaplan. "I would say that every time we finish making a record, that's pretty much the only time I think about that. You always figure, well it's got to run out some time ... but it seems to just happen that at a certain point we

all kind of know we're ready and get to work."

Fade is the most recent product of that work, and it's the trio's tightest album in more than a decade. "We did consciously make this new record a shorter record, thinking that we had made so many 70-minute records in a row, and we wanted to challenge ourselves to do something more succinct," he says.

Still, "I wouldn't use the word concession," he continues. "I wanted to know for myself that we could do something shorter. So it wasn't a concession, it was a challenge. Certainly nobody was demanding it but us."

ALEXANDRA CAVALLO



Yo La Tengo is credited with defining the indie rock genre. HANDOUT

2 SCENE

The Word

Who is holding hands with other celebrities?



STARGAZING
Malene Arpe
scene@metronews.ca

This week in sweet affection: 1) Kylie Jenner and Jaden Smith hold hands in public. 2) Johnny Depp and Amber Heard hold hands in public. 3) Katy Perry and John Mayer hold hands in public. 4) Kanye West stops scowling at Kim Kardashian for at least three seconds.

• Jennifer Lopez is so very sorry about performing at the birthday party for the dictator of Turkmenistan, Gurbanguly Berdimuhamedow. She feels terrible, especially because ol' Gurbanguly is a human rights abuser, a warmonger and a despot but, most of all, because it somehow got out that she got paid to play for him.



• Rumours fly that former vampire Robert Pattinson may be dating Elvis' granddaughter Riley Keough. He likes Riley because she looks like Kristen Stewart and talks like Kristen Stewart, yet doesn't let other men grope her in public like Kristen Stewart. It's a win-win.

• Jamie-Lynn Sigler says that her baby will have a "normal name, a real name." Rainbow Aurora, North West, Breeze Beretta and Ace Knute shake their tiny, angry fists at her.

• British artist Roger Dean is suing James Cameron for \$50 million, claiming that the idea for Avatar was stolen from him. Roger Dean is also suing his buddies and his mom for not convincing him to watch the movie until last month.

• Teen Mom, star alcoholic, Charlie Sheen texter, drunk driver, breast implant connoisseur and sex tape participant Farrah Abraham has checked into a rehab facility to learn to make "better choices." Well, the good news is that there aren't really any bad ones left.

• Amanda Bynes tweets, "I want a million dollars a year for illegally having my mind read and privacy stolen." "We all want that, but let us try to not get completely unreasonable," says Edward Snowden.

• Martha Stewart alluded to once having been part of a threesome. "Don't look at us," said a home-spun blanket and a delicious leg of rosemary lamb.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Gomez's friends continue to trash Bieber

Are serial on-again, off-again romancers Justin Bieber and Selena Gomez back on again?

They certainly looked pretty cozy in an Instagram photo Bieber posted from a Fourth of July party along with the hashtag "heart-breaker." Gomez also pops up in an Instagram video posted by Bieber's pal Alfredo Flores at the same party. If they are back together again, Gomez's friends certainly aren't thrilled about it, according to Radar Online.

"Selena's friends have stuck by her through thick and thin, but the whole back-and-forth relationship with Bieber is really starting to wear on them," a source says. "None of her friends



Justin Bieber and Selena Gomez.
ALL PHOTOS GETTY IMAGES

really like Justin — or at least, they don't like Selena with Justin. It's just not a healthy relationship. He has something on her. She knows he's not the right thing for her, but she can't stay away."

Forget scotch, get naked



Channing Tatum.

Some men like to relax with a nice glass of scotch when they get home, but for Channing Tatum nothing beats nudity.

The recently crowned Sexiest Man Alive tells Elle magazine that he can't fight the urge to strip down the second he walks in the door.

"I have a really nice back porch where the pool is," he says. "Once the shoes are off, the socks come off too, and then everything else downstairs just follows at some point."

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Winnipeg Transit

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Read Transit Tuesday in Metro.

Featuring the latest from Winnipeg transit – including transit news, commuter tips and cool promotions - and much more!

News worth sharing.

Bath time

Knee saver

Save your knees when you're giving your kids or pets a bath with a foam gardener's kneeling pad! You can get them for under \$10 at local retailers, they're usually waterproof or resistant, and they slide away for out-of-sight storage. **KAT INOKAI OF YUMMYMUMMYCLUB.CA**



Different discipline

Dance it out

You know those days when your kids are literally bouncing off the walls? We all have them.

My son, who is about to turn five, has taken to jumping off the cushions (often into the walls of our living room) on a regular basis. And some days, no

matter how many times I ask, he will not sit still.

That's when I turn to Carly Rae Jepsen for help. I grab the baby, crank Call Me Maybe and we all dance. It entertains the baby and gets some of my big kid's wiggles out while at the same time preventing me from yelling or pondering duct taping him to the couch. A solid win, I'd say. **ROBIN FARR OF YUMMYMUMMYCLUB.CA**

Exclusively online

Read about the (mis)adventures of parenthood with Reasons Mommy Drinks online at metronews.ca/voices



Riding the toddler roller coaster — and I don't even like rides

Temper tantrums. All kids throw them at one point or another. Here's how one mom handled her little girl's worst meltdown yet

HAILEY EISEN
YummyMummyClub.ca

A few weeks ago my incredibly brave three-year-old took my mother by the hand and pulled her toward the Dragon Roller Coaster at Centreville, the kid-friendly amusement park on Toronto's Centre Island.

My mom went with her because I refused to. I don't like roller coasters.

After the ride, my daughter looked slightly terrified, but also extremely proud of herself. My mom said that as the ride began, she looked over at Willow and noticed a look of panic on her face. "Just close your eyes and scream," my mother told her. And so the two of them did just that.

Somehow this has come to

be a perfect metaphor for life with a toddler. Despite the fact that I really, really don't like roller coasters, it seems I'm riding one — on a daily basis. This past weekend was the most frightening.

Perhaps it was the heat or her beloved daycare teacher announcing she'd be leaving at the end of the week or maybe it was just because she's three.

No matter the reason, the roller coaster ride began mid-week and continued through Saturday, culminating in the longest, loudest temper tantrum I've yet to experience.

What made this particular ride so terrifying was how unpredictable it was. One minute our little girl was her usual, happy self and the next, we were all running for cover.

How did I handle all of this?

As most roller coasters do, this one started out slowly. I braced myself. I tried to ignore the unreasonable protests. I tried to divert her attention. And I asked her calmly what was bothering her.

But, the louder her screams got, the harder it became to ignore. She didn't want the new wagon we had just bought her.

She didn't want to take a bath. She wasn't tired. She didn't need to eat something.

I wanted the ride to stop so I tried reasoning with her. "What's really making you so upset?" "Can you please stop yelling?" "Let's go do something fun." No such luck.

The louder she got, the more panicky I felt.

Get. Me. Off. This. Ride.

Every time the roller coaster seemed to be slowing down, I'd take a deep breath. But then it would start up again. I'm pretty sure I cried. I definitely said, "I can't do this" about a hundred times. And finally, when I just couldn't take it anymore, I took my mom's advice. I closed my eyes and screamed. (Actually, my mom's advice is to read parenting books, which I bought but haven't read yet.)

Thank goodness, Sunday morning the roller coaster came to a full stop. My little girl woke up smiling and remained in a good mood all day.

But the thing with the toddler roller coaster is, you never know when it will start up again. **YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP WOMEN SURVIVE MOTHERHOOD**



The toddler roller coaster is one unpredictable ride. iSTOCK

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Ginger-lemon marinade holds secret to tasty chicken

ROSE REISMAN

for more, visit
rosereisman.com or follow
her on twitter @rosereisman

These Chicken Kabobs with Ginger-Lemon Marinade are an easy summertime recipe for the barbecue.

Change up the colour of the bell peppers and feel free to substitute peaches or plums for the pineapple. Fresh fruit is always preferred.

Serve the kabobs over rice, couscous or quinoa.

1. Ginger-Lemon Marinade: In bowl, combine lemon juice, water, vegetable oil, sesame oil, vinegar, brown sugar, ginger, coriander, and fennel seeds (if using); mix well. Add chicken and mix; marinate 20 minutes.

2. Alternately thread chicken cubes, green pepper, pineapple and tomatoes onto 4 long or 8 short barbecue skewers. Barbecue for 15 to 20 minutes or just until chicken is no longer

pink inside, brushing often with marinade and rotating every 5 minutes. **ROSE REISMAN BRINGS HOME LIGHT COOKING BY ROSE REISMAN (MCM BOOKS)**

Ingredients

- 8 oz boneless skinless chicken breasts, cut into 2-inch (5 cm) cubes
- 16 squares sweet green pepper
- 16 pineapple chunks (fresh or canned)
- 16 cherry tomatoes
- Ginger-Lemon Marinade**
- 3 tbsp lemon juice
- 2 tbsp water
- 1 tbsp vegetable oil
- 2 tsp sesame oil
- 1 1/2 tsp balsamic vinegar
- 4 tsp brown sugar
- 1 tsp minced ginger root (or 1/4 tsp ground)
- 1/2 tsp ground coriander
- 1/2 tsp ground fennel seeds (optional)



This recipe serves four. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT COOKING (MCM BOOKS)

Healthy eating

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There's nothing better than cooling off with an ice cream on a hot summer day. If you're stocking up the freezer with these cold treats, watch the calories, fat and sugar content.



Haagen Dazs Caramel Almond Crunch bar

320 calories/21 g fat/21 g sugar

This addictive dessert with caramel ice cream, milk chocolate and roasted almonds will cost you.

Equivalent

A Haagen Dazs Caramel Almond Crunch bar is equal in fat to 26 Kraft caramels.



Breyers Vanilla Caramel Chip bar

120 calories/6 g fat/13 g sugar

This is a better nutritional treat since it contains both milk and cream, where as Haagen Dazs only has cream.

BREAKFAST • LUNCH • CATERING

What's on the menu?

"You have to try it. Anne Aka Carla will make you feel right at home. You may think you are at cheers."

-Urbanspoon review



"Great deli highly recommended for lunch or breakfast."
-Urbanspoon review

NATHAN DETROIT'S
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Skip the burger and have yourself a ball

KAREN HUMPHREY
YummyMummyClub.ca

1. Preheat oven to 375 F.

2. In bowl, stir garlic, onion, pepper, salt, Italian seasoning, bread crumbs and Parmesan cheese. Add ground beef and egg, and mix well with your hands.

3. Line rimmed baking sheet with foil and very lightly grease it with oil.

Ingredients

- 2 garlic cloves, minced
- 1/2 small onion, grated
- 1/2 tsp cracked pepper
- 1/2 tsp salt
- 2 tsp Italian seasoning
- 2/3 cup dry bread crumbs
- 1/4 cup Parmesan cheese
- 1 lb lean ground beef
- 1 egg
- 6 of your favourite buns
- 3/4 cup of your favourite pasta sauce
- mozzarella cheese slices for each sandwich



This meatball sandwich recipe makes six sandwiches. KAREN HUMPHREY

4. Shape beef mixture into 1/2 inch sized balls and place on baking sheet. You should get about 26 of them. Bake meatballs for 20 minutes until cooked through. To check, take one off the sheet and cut it in half to make sure there is no pink in the middle.

5. Split buns in half and place on a baking sheet. Turn oven to broil. Gently toast buns until golden. Meanwhile, put pasta sauce in a small pot and heat on low until it's bubbling and hot.

6. Once buns are lightly toasted, take out and place four meatballs per sandwich on a bun. Drizzle with about 2 tbsp of warm pasta sauce. Then place mozzarella cheese on each. With oven still on broil, place sandwiches in oven to melt the cheese, watching carefully so buns don't burn. When cheese is soft and buns toasted, serve sandwiches with extra sauce on the side for anyone who wants some. **YUMMY-MUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP WOMEN SURVIVE MOTHERHOOD.**

You have ... 8 million messages: How to bring order to your inbox

Avoid mail fail. Don't let the send button take hold of your summer with these easy email tips

JULIA FURLAN
Metro World News

Inbox zero might as well be the lost city of Atlantis for most people. Between work and personal email addresses — not even counting Facebook, Twitter, LinkedIn and other social media — it's nearly impossible to escape the constant uptick of unread messages that come in from every corner of the digital universe.

As summer gets into gear and emails pile up over coveted vacations, we checked in with life coach Stacy Kim, founder of the company LifeJunctions about how to make sure email overload doesn't take over our relaxing summers.

Tip 1: One thing at a time

Unfortunately for us — and contrary to what many of our bosses believe — there is no such thing as multi-tasking, Kim says. "There is a lot of research about how our brains don't really multi-task. We don't do two things at once, we just switch back and forth really quickly," she says. All this switching between tasks is often the root of people's anxiety and stress problems. "The more you can do just one thing



Feeling overwhelmed? Get some oxygen. You're still going to have to read, but you'll feel more relaxed when doing so. ISTOCK

at a time, I think that's the number one suggestion that I give everybody," Kim says. "And I try and remember that myself," she adds, laughing. "For example, when I'm checking an email and somebody else pings me in any other format, I try not to respond until I'm done. If I do switch, I make a conscious decision to switch."

Tip 2: A few focused minutes go a long way

The email deluge can be particularly bad after taking a long weekend or a few days away from work. Kim says that to avoid stress, people should set aside a chunk of

time and try to prioritize. "Go through very quickly and try to remember that when you go on vacation, you're going to come back to a lot of email. Most people understand that and understand you won't get back to them right away," Kim says. Prioritizing which emails need responses first is key to making sure they are dealt with. "You say, 'I'm going to make a note of that' and go to the next one," she says, adding that you should aim for a chunk of focused minutes of email-checking. "When you check it, you may have to spend more time, but you're not going to check it as often," she says.

The business of breath

Inhale. Exhale.
(Then do it again.)

- What many of us don't notice is that facing an email inbox stuffed with stress and anxiety can cause us to hold our breath — and that's bad news for all kinds of things, according to Kim.
- "When you have to check your email, give yourself a few huge, deep breaths from your diaphragm," Kim suggests. "Taking a moment to breathe really does help decrease your stress levels. I don't think I can stop the emails — none of us can stop them — but what we can try to do is control the responses we have to them."

Patal.
A different school of thought



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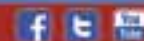
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If you've perpetually placed serious stock into school statistics, perhaps it's time to think again. ISTOCK

A world where 'gifted' has nothing to do with grades

Don't stop believing.

Scott Barry Kaufman encourages everyone to hold on to that feeling of being brilliant regardless of what the tests tell you

BRUCE WALSH
Metro World News

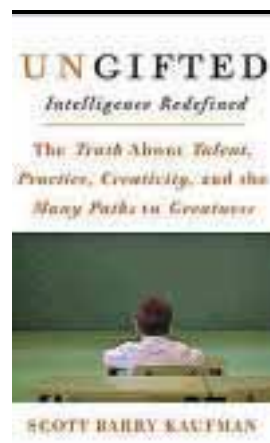
After being rejected from Carnegie Mellon University due to his SAT scores, Scott Barry Kaufman was determined to prove that he had the chops to excel at the university.

Eventually he was accepted to the prestigious school as a transfer, and he went on to graduate Phi Beta Kappa in 2003. He later received a master's degree from Cambridge, as well as a doctorate from Yale. He now works as a cognitive psychologist.

So why did the SAT determine that he didn't have the mental chops?

In his latest book, *Ungifted: Intelligence Redefined*, Kaufman attempts to get to the bottom of that question — for himself, and for students everywhere who find themselves falling through the cracks.

"I think education has got to get out of the business of trying to judge a person's potential. It's just not some-



Keeping score

"I think education has got to get out of the business of trying to judge a person's potential. It's just not something we can capture at any one moment in time."

Scott Barry Kaufman
Author of *Ungifted*

false model of giftedness, where you're either born gifted and you will stay that way the rest of your life, or you're not and you won't ever be. That's just not in line with current research on human development."

thing we can capture at any one moment in time," says Kaufman.

"We're really stuck in a

Pages and passion

Ungifted traces Kaufman's unique mental maturation

- He suffered severe ear infections that left him with an auditory disorder in elementary school, which led to a special education classification that was difficult to shake.
- Woven into his personal narrative is his research on cognitive development, plus an analysis of the major breakthroughs in his field.

• "What we think of as an ordinary mind has a lot more capacity than most people realize. If you trace the development of minds that we label 'gifted' or 'genius,' you see a rapid development — but there's also passion that gets overlooked," says Kaufman.

• "If we find something we're driven to engage in day after day, hour after hour, any of us can demonstrate the kind of behaviour that society labels as 'gifted.'"

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Setting out a few tasty treats for your team can increase their hunger for hard work. ISTOCK

All work, no play makes summer staff a sad bunch

From mopey to high morale. Kick your colleagues into high gear with a few grateful gestures

Summer's officially here, and with it comes barbecues, parties and outdoor activities aplenty. But for the majority of adults, weekdays are usually spent grinding it out to earn a paycheck. With some effort, however, companies can make work more enjoyable for their employees by taking the time to show appreciation — and by having a little fun.

The warm weather offers companies an opportunity to host outdoor functions with the purpose of rewarding employees for their contribution to the company's success.

Shaking it up at work can be extremely beneficial, say specialists in this field.

We like to party

- According to the survey findings of Staples Advantage Canada, who recently polled their customers about work satisfaction, 84 per cent of employees enjoy office events or parties, and 87 per cent look forward to such occasions to let loose and socialize with co-workers.
- And perhaps not surprisingly, this ties into work productivity. More than 80 per cent of those polled said they feel appreciated because their employers host team events, which has contributed to increased loyalty and job satisfaction.

Simple gestures such as a manager bringing in coffee and snacks to celebrate the successful completion of a

project or task, can speak volumes to those who put in extra hours and go out of their way to support the team.

"Stocking up your break-room with snacks and beverages for employees is an easy way to boost morale and show your appreciation," says Ilada Boriboun, category manager at Staples Advantage.

"A little goes a long way when it comes to making employees feel valued."

Bring fun to the workplace as well. According to the Executive Center of Excellence, "fun at work lowers stress levels, boosts optimism, and increases motivation to move up in the company. Additionally, fun improves concentration and perseverance."

At the end of the day, setting aside time and money to host work functions is a small price to pay to keep employees happy and working hard. If employees are driven, the business will be too.

NEWS CANADA

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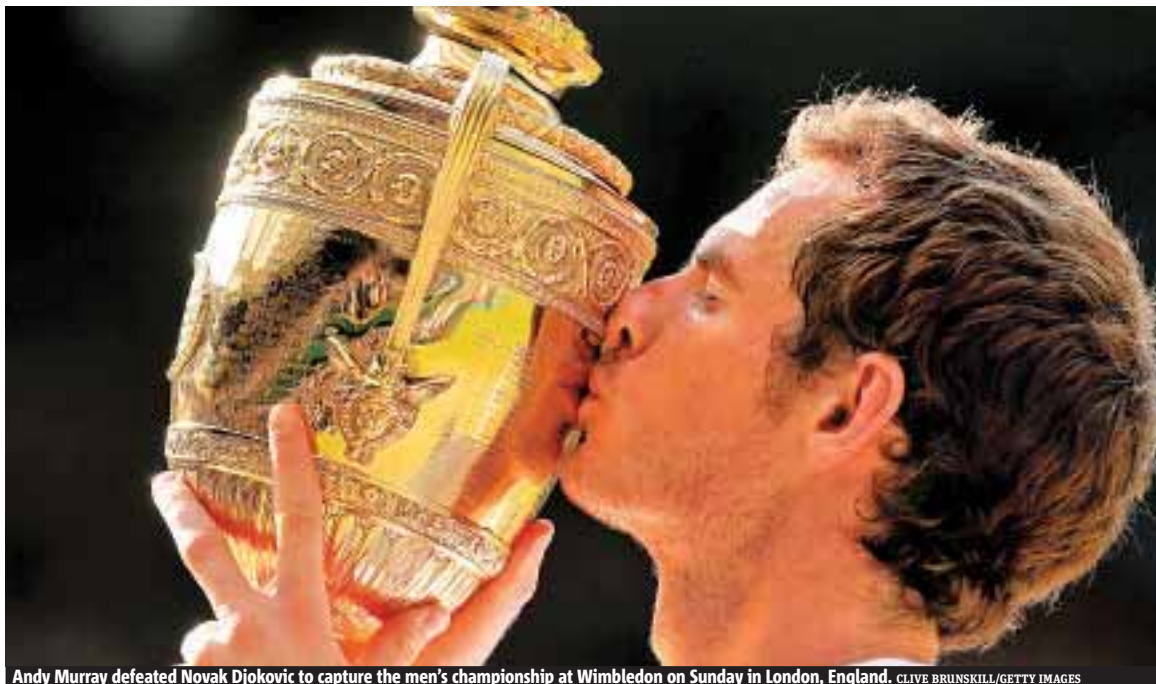
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Andy Murray defeated Novak Djokovic to capture the men's championship at Wimbledon on Sunday in London, England. CLIVE BRUNSKILL/GETTY IMAGES

Murray finally the man at Wimbledon

Tennis. Scot ends 77-year drought of a British player capturing men's championship

Andy Murray needed one more point, one solitary point, to win Wimbledon — a title he yearned to earn for himself, of course, and also for his country.

Britain had endured 77 years since one of its own claimed the men's trophy at the revered tournament referred to simply as The Championships, and now here was Murray, on the brink of triumph after three hours of

gruelling tennis against top-seeded Novak Djokovic under a vibrant sun at Centre Court.

Up 40-love, Murray failed to convert his first match point. And his second. And then, yes, his third, too. On and on the contest, and accompanying tension, stretched, Murray unable to close it, Djokovic unwilling to yield, the minutes certainly feeling like hours to those playing and those watching. Along came three break points for Djokovic, all erased. Finally, on Murray's fourth chance to end it, Djokovic dumped a backhand into the net.

The final was over.

The wait was over.

A year after coming oh-

so-close by losing in the title match at the All England Club, the No. 2-ranked Murray beat No. 1 Djokovic of Serbia 6-4, 7-5, 6-4 Sunday to become Wimbledon's champion in a test of will and skill between a pair of men with mirror-image defensive styles that created lengthy points brimming with superb shots.

"That last game will be the toughest game I'll play in my career. Ever," said Murray, who was born in Dunblane, Scotland, and is the first British man to win the grass-court Grand Slam tournament since Fred Perry in 1936. "Winning Wimbledon — I still can't believe it. Can't get my head

Nestor wins mixed title

Daniel Nestor of Toronto and Kristina Mladenovic saved two match points, then went on to win the mixed doubles title at Wimbledon on Sunday by beating top-seeded Bruno Soares and Lisa Raymond 5-7, 6-2, 8-6.

- The win for Nestor was his third major mixed doubles title. He also won the Australian Open in 2007 and 2011.

around that. I can't believe it." **THE ASSOCIATED PRESS**

Baseball

Railcats rake in a win at Shaw Park

Despite some very impressive defensive plays, the Winnipeg Goldeyes' offence sputtered as they fell to the Gary Southshore Railcats 5-3 in front of 5,535 fans at Shaw Park on Sunday afternoon.

The Railcats got on the board early with one in the first, but the Fish erased the run off an Amos Ramon single bringing in Mike Coles from second.

After allowing one run in the second, starting pitcher Matt Rusch had runners on first and third and it looked like the Goldeyes were in a jam. However, Rusch caught Danny Pulfer snoozing at first and picked him off to end the inning.

The second and third innings were quiet for the Fish but it got loud at Shaw Park when Josh Mazzola delivered a two-run dinger, his 19th, deep to left to put the Goldeyes up 3-2.

Railcats centre fielder Drew Martinez pumped a single up the gut in the seventh to bring in first basemen Christian Vitters for the game tying run. The Railcats' bats were at it again in the eighth with back-to-back hits scooting inside the foul line leading to a their 5-3 lead.

TYLER ESQUIVEL/FOR METRO

NHL

Jets shore up back end with Parody signing

The Winnipeg Jets signed free-agent defenceman Adam Parody on Saturday. The 29-year-old played in 17 games last season with the Buffalo Sabres, collecting four assists and 14 penalty minutes. **THE CANADIAN PRESS**

Reilly shows more than one way to skin Ticats



Eskimos QB Mike Reilly dives into the end zone for a touchdown against the Tiger-Cats in Guelph, Ont., on Sunday. AARON LYNETT/THE CANADIAN PRESS

Edmonton quarterback Mike Reilly threw two touchdown passes and rushed for a third as the Eskimos defeated the Hamilton Tiger-Cats 30-20 in a torrential downpour during CFL action on Sunday night in Guelph, Ont.

Hugh Charles had two touchdowns and Fred Stamps added one for Edmonton while CJ Gable and Ed Gant scored for Hamilton.

Hamilton QB Henry Burris had one TD pass and two interceptions, while Hamil-

Heading for drier ground

12,612

Game attendance for the Tiger-Cats' home opener at Alumni Stadium was announced as 12,612, but most of those made a run for it when the rain became heavy in the second quarter.

ton kicker Luca Congi made two of three field-goal attempts, from 39 and 26 yards, and missed from 42.

Edmonton improved to 1-1 after a 39-18 loss to Saskatchewan last week. After putting up 34 points in last week's 39-34 loss to Toronto, the Ticats (0-2) could only muster 20 points.

It was the Ticats' home opener at Alumni Stadium, home to the University of Guelph Gryphons, which was temporarily expanded this season to seat a capacity 13,000, while a new stadium is built in Hamilton.

THE CANADIAN PRESS

Horoscopes

Aries

March 21 - April 20

Few people have the guts to challenge you directly, which is why you must be on your guard for rivals who use underhand methods.

Taurus

April 21 - May 21

You should be aiming high now and looking to make a name for yourself. Whatever field of endeavor you work in you have what it takes to reach the top.

Gemini

May 22 - June 21

Steer clear of people who talk nicely to you in public then say bad things about you behind your back. You know who they are and you know why they act the way they do. It's because they envy you, with good reason.

Cancer

June 22 - July 23

Today's new moon in your sign, combined with Saturn moving in your favor too, empowers you to be whoever you want to be and do whatever you want to do.

Leo

July 24 - Aug. 23

Common sense should tell you that certain opinions are best kept to yourself – and if common sense doesn't then the planets certainly do! Not everyone is ready to hear the truth, at least not from someone as outspoken as you.

Virgo

Aug. 24 - Sept. 23

This is a time of great opportunity, so make the most of it and don't waste a single second on trivial matters or trivial people.

Libra

Sept. 24 - Oct. 23

Someone in a position of authority will be full of themselves today but you may find it hard to share in their high spirits. That's a shame because, if you make nice, they will make an effort to boost your career.

Scorpio

Oct. 24 - Nov. 22

Saturn turns direct in your birth sign today. What does that mean in plain and simple language? It means you can no longer lie to yourself about a problem of some sort.

Sagittarius

Nov. 23 - Dec. 21

You are trying too hard to get something done. Today's influences urge you to slow down and not be quite so serious about your ambitions.

Capricorn

Dec. 22 - Jan. 20

You need to get your ego out of the way and be less judgmental, both of other people and of yourself. Today's new moon will help you look at those around you with a more forgiving eye. Look in the mirror too.

Aquarius

Jan. 21 - Feb. 19

Go out of your way to be nice to people today. You can do it if you try!

Pisces

Feb. 20 - March 20

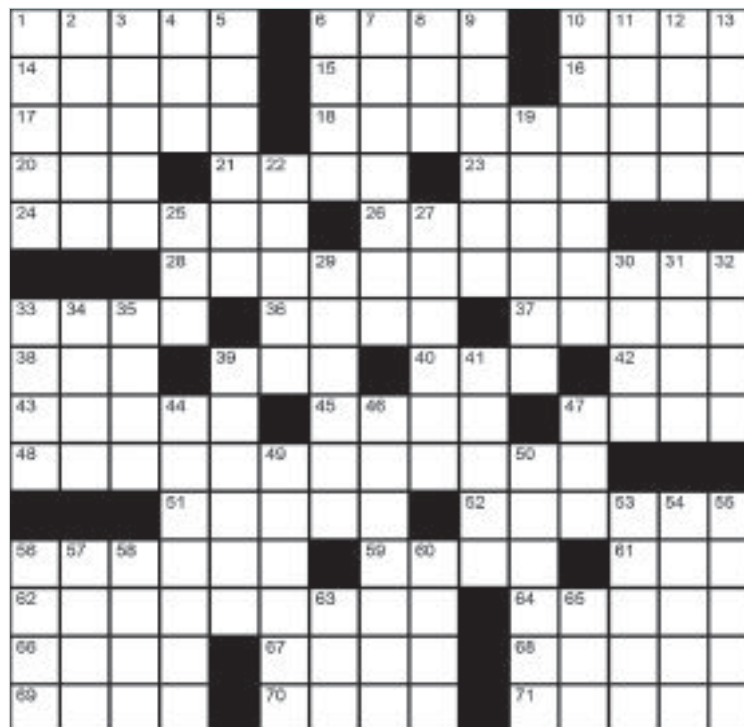
Today's new moon falls in the most creative area of your chart, so make sure you do something dynamic and decisive. Don't worry if you are short on experience or money – what you need the universe will provide.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. "Canada AM" health expert, Dr. ___ Shapiro
6. Isaac's elder son
10. Mr. Jackson
14. As sturdy as ___
15. Skim
16. Paths, for short
17. Manitoba town with Icelandic heritage
18. City of Light dwellers
20. Give ___ whirl
21. "Dial ___ Murder" (1954)
23. Executive's plane
24. Melon type
26. Pilot's button
28. Bicycle race on now: 3 wds.
33. Ms. Sweetnam, singer/songwriter from Bolton, ON
36. Van __, California
37. Vast, to a poet
38. "Falcon Crest" actress, ___ Alicia
39. Diet soft drink
40. Final [abbr.]
42. Total
43. Salon's makeover component, commonly: 2 wds.
45. ___-water advisory
47. Curds and ___
48. Establishment in a 19th-century town: 2 wds.
51. Music ___
52. Gives way
56. Chum
59. Seinfeld-ian



- phrase, when repeated
61. On, as a candle
62. The Halifax ___ (Devastation in 1917)
64. Grassy plain
66. Prefix meaning 'Middle'
67. "___ It Bad": Tune by Usher

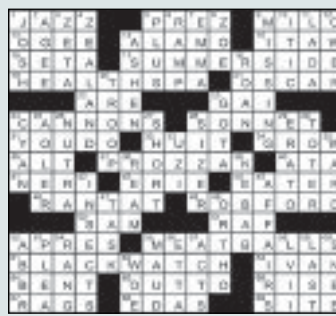
68. Egg ___ (Kitchen gadget)
 69. Business person's "Fast!"
 70. Succeed in school
 71. The States: ___ Mountains
- Down**
1. Wizardry
 2. Singer Ms. Baker

3. Actress Ms. Downey's
4. West Coast NBA team, on scoreboards
5. 1984 Kim Mitchell album: '___ Alogo'
6. Hockey great Phil, to fans
7. ___-cat
8. Swiss river, vari-

- antly
9. Intl. relief agency for kids
10. Opera, ___ und Isolde
11. "Take ___ a sign."
12. Nashville, ___
13. Mount of Greece
19. Clandestine

22. Region's animal life
25. Consumed
27. ___ missionary (Gig for Jean de Brebeuf, b.1593 - d.1649)
29. Barney or Betty
30. Snack
31. Rock's Motley ___
32. TV award
33. Performed a ballad
34. ___ socks
35. "Boring."
39. 2006 Winter Olympics locale
41. Andrew ___ Webber
44. Evolve
46. Town in BC near the Washington State border
47. Bitty
49. Makes sense: 2 wds.
50. Commercial area of Venice
53. Camel-like creature
54. Vintage-style eatery
55. Baby deliverer
56. US disasters responder
57. Prescriptions, commonly
58. Res ___ loquitor (Negligence standard in law)
60. Sidewalk bugs
63. Lettered grocery store
65. Hollywood legend Ms. Taylor, to fans

Friday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Weather

TODAY

TUESDAY

WEDNESDAY



MAX: 26°
MIN: 16°



MAX: 23°
MIN: 17°



MAX: 27°
MIN: 17°



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